

Now That's A Wrap Contest!

ATTENTION STUDENTS GRADES K-12

This is your chance to show off your cooking skills and provide others with a delicious recipe that was created by YOU! **Now That's a Wrap** Contest is part of the initiative called **Wrap Your Own- Iowa Grown** (part of the Iowa Farm to School Program). The purpose of this initiative is to encourage the use of Iowa fruits and vegetables in making tasty wraps at schools, while promoting local growers and teaching kids about making healthy eating choices. This contest provides an opportunity to inspire kids and adults to purchase Iowa-grown foods, make healthy eating choices, assist in curbing childhood obesity and promote the Iowa Farm to School Program, Iowa producers and the local economy. Now it's your turn to make a WRAP!

THE CHALLENGE

Submit a Wrap recipe that includes either Iowa fruits or vegetables, and whatever other ingredients you feel are necessary to make the best Wrap. Submit this recipe on a 4x6 recipe card that includes the number of servings, prep time, ingredients and instructions.

THE PRIZE

- There will be 3 prizes awarded to the best recipe submissions;
 - 1st place: \$100 toward the purchase of locally grown foods for your school as well as a Wrap Your Own T-shirt, and Farm to School Bag
 - 2nd/3rd place: \$50 toward the purchase of locally grown foods for your school as well as t-shirts

(The winning wraps will be posted on our website this fall and could be used in future promotions)

SUBMISSION DEADLINE is September 23, 2010

Please mail recipes and the participation form below to:



Attn: Emily Wadle (F2S)
IDALS-Organics Dept.
502 E. 9th Street
Wallace State Office Building
Des Moines, IA 50319

Participation Form- Fall 2010

Name of Participant: _____ **Age:** _____

Address: _____

School Name: _____ **Grade:** _____

School Address: _____

City _____ **County** _____ **Zip** _____

Email: (parent's is fine, if they give you permission)

By participating in this contest you are agreeing to possibly have your names/faces published and available to the public, and also acknowledge the use of this wrap in future promotions. If your wrap is chosen as a winner a consent form will be sent regarding the release to the public. Good Luck and get Wrapping!

If you have any questions regarding this contest contact Emily Wadle at 515-725-2078 or by email at emily.wadle@iowaagriculture.gov.